

Child and Adult Care Food Program

Handy Guide to Creditable Foods

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa CACFP to help assure good nutrition for all participants.
2. This is a partial listing of creditable foods for children one year of age and older as well as adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Centers and sponsors of child development homes may make additional restrictions at their discretion. Home providers may contact their sponsor with questions regarding specific foods or quantities.



Milk and Milk Products

1. Milk must be served as a beverage or over cereal. Milk used in cooking may not be credited.
2. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
3. Participants must be served milk at breakfast and lunch/supper unless an exception statement from a medical authority is on file stating the nature of the problem, listing foods to avoid and alternate foods to be substituted. Serving milk at adult care suppers is optional.
4. A separate meal pattern and reimbursable foods list is available and should be followed for infants. CACFP requires that breast milk or iron fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. A diet statement is needed to serve formula at or after 13 months of age.

Creditable

Acidified milk (acidophilus)
 Buttermilk, cultured milk or kefir
 Cow's milk, flavored or unflavored including chocolate
 Skim, non-fat or fat free, reduced fat or low fat (1%, 2%), whole
 Cocoa – made from fluid milk
 Goat's milk
 Lactose-reduced milk
 Milkshakes – only the milk portion
 Soy milk – only if an exception statement is on file and the
 nutrients are similar to cow's milk
 UHT milk – ultra high temperature (self stable) cow's milk

Non creditable

Cocoa mix made with water
 Coffee creamers
 Cream
 Cream sauce
 Cream soup
 Custard
 Dry milk
 Eggnog
 Evaporated milk
 Half and half
 Ice cream
 Ice milk
 Imitation milk
 Pudding
 Pudding pops
 Raw milk (certified or uncertified)¹
 Reconstituted dry milk
 Rice milk
 Sherbet or sorbet
 Sour cream
 Soy milk, beverage or drink
 Yogurt – creditable only as a meat alternate
 for children ages 1-12 years.

¹Serving this food is prohibited. It may not be served as an "extra" food.

Meat and Meat Alternates



1. Meats and meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or peas, and yogurt. Meats must be inspected by the appropriate health authority. This is a partial list only. A combination of two or more meat/meat alternates may be served at the same meal to total the required serving size. In breaded products, only the meat portion is counted.
2. Meat and meat alternates must be served in the main dish, or in the main dish and one other item.
3. At least ¼ ounce or ½ tablespoon of meat or meat alternate must be served to count as part of the required serving.
4. Cooked dry beans or peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
5. Nuts or seeds may be used for up to ½ of the required serving size of the meat/alternate requirement in lunch and supper.
6. The best way to determine the amount of meat alternate in commercial combination foods such as canned or frozen stew, beefaroni, pizza, pot pie, ravioli or breaded meats like chicken nuggets, or fish sticks is to get a Child Nutrition (CN) label, or a product analysis sheet from the manufacturer (not a distributor or sales person). If you cannot determine the meat/alternate content, additional sources of creditable meats or meat alternates may be added to supplement the meal. If an item is homemade, the recipe must list the amount of meat/alternate and the number of servings it yields.
7. Shell fish or nuts may produce food intolerances, especially among preschool or adult participants.

Creditable

Beef jerky – high cost¹ ☐
 Canadian bacon ☐
 Cheese – natural or processed ☐
 Cheese food, spread or substitute
 2 oz. = 1 oz. meat alternate ☐
 Corn dogs - only the hot dog counts as meat ☐
 Cottage cheese, ricotta cheese
 ¼ c. or 2 oz. = 1 oz. meat alternate
 Dried peas, beans, lentils, refried beans, soy beans
 (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
 Eggs – cooked, including deviled eggs
 Fish and shellfish – cooked, count only meat portion
 Fish sticks – must be at least 60% fish ☐
 Frankfurters – must be all meat, no cereal or extenders ☐
 Liver, kidney, tripe
 Lunch meat ☐ – must be all meat, no cereal or extenders
 (includes bologna, ham, liverwurst, pepperoni, turkey ham,
 turkey roll)
 Meat analogs, if CN labeled²
 Peanuts, nuts, seeds, soybeans¹
 Peanut, nut, soy or seed butter – regular or reduced fat¹
 Pizza – creditable if CN labeled or homemade and the amount
 of meat and cheese is documented. ☐
 Quiche – only the meat, cheese or egg portion ☐
 Sausage, Polish, knockwurst, Vienna sausage ☐
 Soups – must be home made with at least ¼ oz. or equivalent
 of meat/meat alternate per serving to credit
 Soy cheese, if CN labeled³
 Spare ribs – only lean meat portion ☐
 Turkey bacon, if CN labeled ☐
 Vegetable protein/meat protein mixtures, if CN labeled²
 Yogurt – plain, flavored, low fat, unsweetened or sweetened
 ½ cup or 4 ounces = 1 ounce meat alternate
 minimum serving is ¼ c.

☐ Limit use, since may be high in salt and/or high in saturated fat.

Non creditable

Acorns
 Bacon-bits, imitation bacon
 Bacon – as in BLT sandwiches
 Canned cheese sauce
 Cheese product or imitation cheese (Velveeta)
 Chestnuts
 Coconut
 Cream cheese - regular, light (Neufchatel cheese) and fat
 free
 Eggs – raw or undercooked
 Fish – home caught⁵
 Frozen commercial yogurt products and bars
 Game – venison, squirrel, fish etc.⁵
 Ham hocks
 Home canned meats, home slaughtered meats⁵
 Imitation meats and meat alternates (e.g., cheese, crab,
 frankfurters, shrimp, etc.)
 Oxtails
 Pigs' feet, neck bones, tail bones
 Pot pies – commercial
 Potted, pressed or deviled canned meat
 Powdered cheese – as in boxed macaroni and cheese
 Salt pork
 Scrapple
 Sizzlean
 Soup – commercial canned
 Spam
 Tofu, tempeh, seitan
 Yogurt covered fruits, nuts
 Yogurt – homemade

¹ Choking risk to those under 4 years and the elderly.

² Meat analogs may be up to 100% non-meat protein, and must have a CN label or manufacturer's statement showing the product meets USDA requirements.

³ Soy cheese may have soy protein and/or casein and must have a CN label or a manufacturer's statement showing that the product meets USDA requirements.

⁵ Serving these foods is prohibited. They may not be served as "extra" foods.



Fruits and Vegetables

1. Most fruits and vegetables are creditable. Serve a variety and use fresh to add texture and nutrition.
2. All commercial juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
3. At least ½ cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count it toward meeting the minimum serving size requirement.
4. Juice may count up to ½ of the total fruit/vegetable requirements for lunch or supper.
5. Juice may not be served for snack if milk is the only other required food served.
6. Two forms of the same food (e.g. apples and apple juice) are not creditable in the same meal.
7. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.

Creditable

Apple cider – must be pasteurized
 Baby carrots
 Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry). Count as vegetable or meat/meat alternate, but not both at the same meal.
 Chopped vegetables in homemade casserole, stew¹
 Coleslaw
 Cranberry juice blend – if a blend of full strength juices
 Cranberry sauce – made with whole cranberries (not jellied)
 Dehydrated vegetables – use when re-hydrated
 Dried fruit – apricots, dates, figs, prunes, raisins
 Frozen juice bars – must be made with 100% fruit and/or juice
 Fruit cobbler, crisp¹
 Fruit cocktail – counts as one fruit
 Fruit or vegetable in gelatin or pudding¹
 Fruit pie filling – ½ cup filling = ¼ cup fruit
 Fruit sauce – homemade¹
 Juice, full strength
 Juice blends – if a blend of full strength juices
 Juice concentrates, reconstituted
 Kiwi fruit
 Mixed vegetables – counts as one vegetable
 Mushrooms
 Olives¹ □
 Onion rings^{1, 2} □
 Pickles¹ □
 Pimentos¹
 Pizza sauce¹
 Potatoes
 Potato skins
 Salsa (all vegetable plus spices)
 Soup (tomato or veg) – if commercial, 1 c. soup = ¼ c. veg.
 Spaghetti sauce¹
 Tomato paste – 1 Tbsp. = ¼ c. vegetable
 Tomato puree – 2 Tbsp. = ¼ c. vegetable
 Tomato sauce – 4 Tbsp. or ¼ c. = ¼ c. vegetable
 Tomato juice
 Vegetable juice blend (e.g., V-8 juice)
 Water chestnuts

□ Limit use, since high in salt and/or high in fat.

Non creditable

Apple butter
 Banana chips, commercial
 Barbecue sauce
 Chili sauce
 Coconut
 Corn chips (count as grain/bread if whole grain or enriched)
 Dry spice mixes
 Frozen fruit flavored bars, popsicles
 Fruit "drink"
 Fruit flavored syrup or powder
 Fruit in cookies or grain bars – (e.g., Fig Newtons, grain bars)
 Fruit in commercial fruited yogurt
 Fruit leather, fruit rollups, fruit shapes
 Fruit flavored canned punch (e.g., Hawaiian Punch)
 Fruit flavored ice cream
 Fruit syrup – from canned fruit
 Gummy fruit candy
 Home canned fruits and vegetables
 Hominy
 Honey, syrups, jam, jelly, preserves
 Jell-O, gelatin
 Juice cocktails (e.g., cranberry, grape, etc.)
 Juice drink
 Ketchup, condiments and seasonings
 Kool-Aid
 Lemon pie filling
 Lemonade
 Nectar (e.g. apricot, peach)
 Orangeade
 Pizza, commercial² (amount of sauce is insufficient - unless more is added)
 Pop tart filling
 Popsicles – commercial
 Posole
 Potato chips, potato sticks
 Pudding with fruit – commercial
 Raw sprouts
 Sherbet, sorbet
 Tang

Grains and Breads



1. Creditable grains/breads must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified. Enriched means the product conforms to the FDA's required levels of added iron, thiamin, riboflavin, niacin and folic acid.
2. The minimum amount a food item can contribute is ¼ serving.
3. Since children need nutrient dense foods, sweets may not be credited as grains/breads at lunch and must be limited to no more than twice a week at snack. Sweet food items are indicated with a footnote of 3 or 4. Limiting sweet grains/breads is recommended at breakfast.
4. How to determine portion sizes for grains/breads:
 - a. Homemade from scratch: (2 alternate methods)
 - The amount of creditable flour, meal, bran or germ (by weight) in the recipe may be calculated to determine the number of grains/breads servings the recipe provides. Directions are on page 2-18 or in the *Food Buying Guide* starting on page 3-10.
 - A serving of the item may be weighed on a scale (digital preferred) and compared to the required weight on the Grains/Breads Chart on page 2-17. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).
 - b. Homemade from a mix:
A serving of the item must be weighed on a scale and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).
 - c. Commercially purchased (prepared): (3 alternate methods)
 - Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the Grains/Breads Chart. If the serving on the Nutrition Facts label is larger or smaller than the required serving size, divide the required weight on Grains/Breads Chart by the weight of a serving on the Nutrition Facts label to determine the number of servings needed.
 - A statement from the manufacturer may be obtained. The documentation must indicate how much grain (by weight) or how many grain/bread servings a defined portion provides.
 - If a Nutrition Facts label or statement from the manufacturer is not available, a serving may be weighed on a scale and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the size of the serving should be adjusted to meet the required portion size based on the age(s) of the children being served. (Larger, but not smaller portions may be served if desired).

Creditable

Bagel
 Banana, carrot, pumpkin, zucchini bread ⁴
 Boston brown bread
 Bread pudding ^{1,3} – if homemade (HM)
 Breeding or batter on meats - if CN labeled or amount is known
 Bread sticks, hard ² or soft
 Bread stuffing ¹
 Cake, cupcakes ³ □
 Cereal – dry or cooked, 6 gm. of sugar or less is recommended
 Cereal bars ^{1,2,4}
 Chips ² – grain based, enriched or whole grain □
 Chow mien noodles □
 Cinnamon roll ⁴ □
 Coffee cake ⁴ □
 Cookies, brownies or bars ^{3,5} □
 Corn pone, hoe cake
 Corn tortillas
 Couscous
 Crackers ²
 Cream puff shells ³ □
 Crepes
 Croissants □
 Croutons ² □
 Doughnuts ⁴ □
 Dumplings
 Egg roll skins, won ton wrappers
 English muffins
 Fig bars (only the cookie part)
 Fruit crisp or cobbler crust ^{1,3,5} □
 Fry bread □
 Gingerbread
 Graham crackers
 Grain fruit bars, granola bars ^{1,2,4}
 Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
 Granola cereal ^{1,2} □
 Grits
 Hushpuppies □
 Ice cream cones ⁵

□ Limit use since may be high in salt and/or high in fat.

Johnny cake
 Macaroni, noodles, spaghetti and other pasta shapes
 Macaroni in boxed or homemade macaroni and cheese
 Pie crust or shell ⁵ □ (dessert pies ³, or in main dish pie)
 Pita bread
 Pizza crust
 Popovers
 Pretzels, soft and hard ²
 Pop tarts, toaster pastries (only the crust) ^{4,5}
 Puff pastry with main dish □
 Quick breads including biscuits, cornbread, muffins
 Rice cakes ⁵
 Rice pudding ^{1,3}
 Scones
 Snack crackers ² □
 Sopapillas ³ □
 Spoon bread
 Sweet rolls, buns, pastries ⁴ □
 Sweet quick breads including banana, carrot, pumpkin, zucchini ⁴
 Taco or tortilla shells ² □
 Tortillas
 Turnover crust ⁴ □
 Vanilla wafers (plain cookies) ³
 Waffles
 Wheat germ, bran

Non creditable

Caramel corn
 Hominy
 Nut or seed flour
 Popcorn
 Potatoes, potato pancakes
 (potatoes are credited as a vegetable, not as a grain)
 Potato chips, potato sticks
 Tapioca

- ¹ Only the amount of bread, flour, meal or grain counts.
- ² Hard, dry foods may cause choking.
- ³ Sweet food product-creditable only for snacks.
- ⁴ Sweet food product-creditable only for snacks and for breakfast.
- ⁵ Serving size probably not reasonable.

Grains/Breads^{1, 2} Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

Group A 1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz	Group D 1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mien noodles • Crackers (saltines or soda crackers and snack crackers)⁷ • Croutons⁷ • Pretzels (hard)⁷ • Rice cakes, plain • Stuffing, bread portion (dry)⁷ 	<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Sweet quick breads (e.g., banana, pumpkin, zucchini)⁴ • Toaster pastries⁴ (unfrosted)
Group B 1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz	Group E 1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz
<ul style="list-style-type: none"> • Bagels • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)⁷ • Taco or tortilla shells⁷ • Wonton wrappers 	<ul style="list-style-type: none"> • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) • Rice cakes, with chocolate chips or peanut butter • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted)
Group C 1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz	Group F 1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴
	Group G 1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz
	<ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted)
	Group H 1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup
	<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)
	Group I 1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less
	<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5, 6} • Cereal bars^{4, 8}

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. ³Sweet food product-creditable for snacks only. ⁴Sweet food product-creditable for snacks & breakfasts only.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet the nutrient criteria

described in CACFP memo CS-2007-9/IC-2007-9. ⁷ Choking risk. ⁸ To count as one full serving of grains/breads, a cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Commercial cereal bars may not be automatically credited; further documentation must be obtained. Crediting will depend on the amount or weight of the ready-to-eat cereal in each cereal bar as documented by the manufacturer.

How much to serve?

Common Grain/Bread Servings

Read labels and look for lower fat, salt and sugar choices.
Some foods listed are not appropriate for younger children or elderly due to risk of choking.



Food	Serving Size		Cost* full serving
	1-5 yr	6 yr-adult	
Animal crackers-store brand	5	9	.08
Bagel – 3 oz.	1/6	1/3	.05
Bread – store brand	1/2 slice	1 slice	.05
Cereal, cooked – store brand	1/4 c.	1/2 c.	.03
Cereal, Cheerios	3/8 c.	3/4 c.	.22
Cheez-it snack crackers	9	18	.20
Chips Ahoy cookies	3	6	.36
Corn Chips – store brand, yellow round	5	10	.08
Ritz snack crackers	3	6	.11
English muffin – split	1/4	1/2	.22
Fish crackers	19	36	.20
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.13
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.07
Grain/fruit bars – Nutrigrain	1	2	.77
Granola Bar, with chocolate chips – Sunbelt	1	2	.47
Granola Bar, plain – Nature Valley	3/3	1 1/4	.52
Toaster Pastry, plain (52 g)	1/2	1	.20
Toaster Pastry, frosted (50 g)	3/4	1 1/4	.20
Pretzels – store brand			
Ring – small	6	12	.06
Ring – large	3	5	.06
Stick	12	23	.06
Saltines – national brand	4	7	.09
Saltines – store brand	4	7	.04
Oyster cracker –store brand	26	51	.04
Teddy grahams – plain	10	20	.25
Tortilla	1/2	1	.10
Triscuits	3	6	.19
Vanilla Wafers – national brand	4	8	.32
Wheat Thins	6	11	.19
Wheatsworth	4	7	.21

*Approximate prices at Fareway in central Iowa, 8/07. Instead of counting out crackers, you can put the correct amount in a measuring cup and scoop out the serving.



Fruit & Vegetable Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks 1/2" x 4"	6 sticks = 1/2 cup 3 sticks = 1/4 cup
Baby Carrots	1 lb = 10, 1/4 cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks	6 sticks = 1/2 cup
1/2" x 4"	3 sticks = 1/4 cup
Cucumber sticks 3/4" x 3"	6 sticks = 1/2 cup 3 sticks + 1/4 cup
Lettuce (bag)	1/4 cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes	
Cherry	5 halves = 1/4 cup
1/4" slices	2 slices = 1/4 cup
Fruit	Yield
Apples (125-138 ct)	1/2 apple = 1/2 cup
Bananas (regular)	1/2 banana = 1/4 cup
Juice (12 oz. can concentrate)	12 – 1/2 cup servings 8 – 3/4 cup servings
Juice (46 oz. can)	11 – 1/2 cup servings 7 – 3/4 cup servings
Oranges (138 ct)	1 orange = 1/2 cup

Crediting Grain/Bread Recipes

Grain Product	Weight of 1 cup (grams)
Cheerios	28 g
Corn Chex	30 g
Corn Flakes (crushed)	80 g
Rice Chex	33 g
Rice Krispies	24 g
Corn meal (regular)	122 g
Cake flour ¹	111 g
All purpose flour ¹	125 g
Bread flour ¹	123 g
Whole wheat flour ¹	120 g
Oats (uncooked)	81 g

¹ Unsifted flour, spooned into measuring cup.

Homemade Recipe Example: Cornbread

The grain items in the recipe are 1 cup of cornmeal and 1 cup of all purpose flour.

1. Total the grams of grain in the recipe

1 cup corn meal = 122 g
+ 1 cup flour = 125 g
Total = 247 g grains

2. Divide the total grain by the grams of grain needed to make one serving (14.75 grams).

247 ÷ 14.75 = 16.7 servings of grain in the recipe

Serves 16 school-aged children (6-12 years) and 32 children ages 1-5. You may serve more if desired.